

How to manage challenging behaviour

The Primary Behaviour Service (PBS) is a team of dedicated practitioners with extensive experience working in Hampshire primary schools to promote children's positive behaviour and emotional wellbeing.

We believe that:

- Behaviour is a metaphor for communication
- Every child deserves to be heard, can be taught and learn strategies to succeed
- Every child has the right to equality of opportunity, inclusion and their individual needs met through a child-centred approach
- Every child can take responsibility for their own actions and create their own opportunity for change
- In early, targeted support to develop optimal independence and emotional resilience
- Positive relationships between school, families and children help remove barriers to learning
- Parents/carers are powerful agents for change for their children
- Every child can flourish, develop their individual strengths and make a valuable contribution to society.

Referrals to PBS are made by schools. PSB will work with schools and parents/carers to promote positive behaviour outcomes.

The Nice & Nice

Your child is reluctant to start a task -

Are you going to tidy up your toys now or after dinner?

Are you going to do your homework with a pencil, or pen?

The Nice & Nasty

Using matter of fact calm voice-

Either it's finished/tidied now, or after dinner.

Your toys need to go away not or during TV time.

Thanks Not Please

Really important! Say please too often and you may sound like you are pleading. Try "name, instruction, thanks"

Billy, socks on, thanks!

Jane, wait until I'm finished talking, thanks!

Luke, shoes in the corner, thanks!

After giving the instruction, confidently walk/turn away, with the expectation your child will comply.

The Never Say 'No'

Sometimes we have to say 'no' but for other times try this – 'Yes, as soon as you have...'

Can I have the telly on? Yes as soon as you've done your homework.

Can I go to the shops today? Yes, you can go to the shops, although not today. We can go on...

Can I have a biscuit? Yes, as soon as you've finished your sandwich.

Can I have that toy? Yes, you can when you've done your jobs this week.

I want Megan round to play today? Yes, she can come round, although not today. She can come on...

Using Conditioner

Using the phrase "When", "Then"

When you are dressed, then you can have the TV on.

When you've tidied your toys, then you can go on the computer.

When you've brushed your teeth, then we can have a story.

Don't say "don't"

Reframe instructions positively. We often give children ideas of what to do when we are trying to get them to stop. E.g. "Don't jump in that puddle"...child thinks "I will jump in that puddle!". Try "stay out of the puddle, thanks".

Walk, thanks – rather than 'don't run'

Stay with mum, thanks – rather than 'don't walk off'

Put that down, thanks – rather than 'don't throw that'

Notice and Praise

Be constantly on the look-out for the good rather than the bad. Name and praise the behaviour.

I've noticed how nicely you are sharing

It's really lovely to see you being so nice to...

Goodness me, you are sitting so nicely/eating sensibly

Thank you for...sharing/asking/being polite

You cannot 'overdo' the praise.

Making the 'punishment' fit the 'crime'!

If your child is constantly refusing to put their bike away, removing TV privileges is not a 'natural consequence'. However, removing the privilege of using the bike until they learn to put it away, is.

Child rides his bike out of the agreed area, and he loses his bicycle privileges for 24 hours.

Child is throwing a ball in the house and he breaks a lamp. He has to do chores to earn enough money to pay for a new lamp.

For more information

Primary Behaviour Service, Hampshire
Tel: 02380 613152